

MANAS

Speaks

Volume 01
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‘Mental Health in an Unequal World’

#WorldMentalHealthDay

MENTAL HEALTH

Childhood sacrificed pandemic

Growing up too fast: early menarche and mental illness

Adolescent mental health

Ghost of Surfing Social Media



The Academy of Psychology



THE ONLY JOURNEY IS THE JOURNEY WITHIN

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MANAS *Speaks*

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Author Guidelines

We accept submissions through email. You may send us manuscripts for the following submission categories: Any submission related to psychology, short stories, book review, movie review, psychology concepts, case studies, cartoons, memes or a specific genre. Content should be related to psychology, your manuscript must be in one of the following file forms word, pdf and jpeg. please send content related pictures if you are interested. All manuscripts should be in 12 point type, with at least one-inch margins, and sequentially numbered pages. The author's name, address, telephone number, and email address should be typed at the top of the first page. Contributors are asked to include a brief biographical note with their submissions. Submissions may be sent to us at any time, year-round. Manas speaks is a non-profit magazine with the ambition of encouraging good literary work. We desire is to connect readers and writers, and we strongly encourage anyone interested in submitting work to read the magazine before submitting. You may read the magazine for free. If you enjoy reading it and wish to submit it, we hope that the reading is strengthening your mental muscles. we are strongly committed to publishing debut and emerging writers.

Disclaimer: Information provided in this magazine is purely for research and education purpose only.



Ghost of Surfing Social Media

The main purpose of social networking is to promote new learning skills, quality relationships and to create individual identities.

 manasrjy



Are people becoming Materialistic?

Formerly everyone used to start their day by having a cup of coffee or tea with their family members where these days this routine is changed by posting Good Morning in the social media and none of these people wishes their own family members. Even if they decide to wish they greet them through posts and comments on WhatsApp, Instagram, Snapchat e.t.c., Earlier, youth are enthusiastic to participate in family gatherings and were interested to share their views with the people in their family. But now the scenario totally changed due to the addiction to social networking. They started believing the materialistic things by discarding morality and thriving for fake happiness.

Obsession towards Social Networking

People are becoming obsessive about the likes and shares and this obsession creates “FOMO –Fear of Missing Out”. The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are. Unwanted behaviours are growing rapidly like posting violent videos, trolling others where these behaviours set a wrong example for society. Anything excessive is always dangerous, this can be easily understood by examining the present issues that occur due to over usage of social networking.

Due to the uncontrollable usage of social networking people are facing mental health problems, mostly Attention Seeking. They are becoming attention seekers where their self-esteem depends on the approval of others and they are unable to identify their ideal self. Because of the Lack of their true identity, they are more likely to develop Depression, anxiety, panic attacks, insomnia and also phobias.

Invisible line Between Right and wrong

Everything in the world is loaded with Right and Wrong but it is in the hands of every individual in choosing among the alternatives. The righteous usage of stone develops a great statue similarly appropriate utilization of social networking can cause miracles in everyone’s life. Knowing various cultures gives good knowledge but adopting them as our own causes great destruction to our self-worth.



Effects of Social Networking

- ◆ Spending the quality of time by navigating the social networking sites deviates the people from the necessary skills required for their life.
- ◆ Their personality is formed by the type of content they follow on their social networking sites.
- ◆ Making unwanted relationships that cause damage to their personal life
- ◆ Remaining isolated

- ◆ Feeling worthless
- ◆ Lack of Interpersonal skills
- ◆ Becoming Doom Scrollers – Devoting time for absorption of negative news

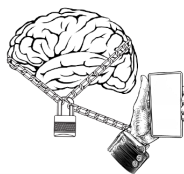
Everyone is desiring personal space and are becoming individual in their own family. They want to share their emotions with society instead of sharing them with their family members. People are running behind the unrealistic world by leaving the true ethical values apart.

“I fear the day that technology will surpass our human interaction. The world will have a generation of idiots.”

– attributed to Einstein but is actually an altered version of lines from the movie “Powder (1995)”



Saroja Mahendravada



SOCIAL MEDIA WORRIES

I worry about negative effects of social media on my physical and mental health (% that strongly/somewhat agree)

